

Para Standing Tennis Factsheet

What is Para Standing Tennis?

Para standing tennis is the format for people with physical impairments who want to play tennis without using a wheelchair. This includes, but not limited to, people with limb loss, limb deficiencies, cerebral palsy, acquired brain injuries or people of short stature.

This growing pathway is now recognised by the ITF and various national tennis federations, with an increasing list of tournaments all over the world. The LTA is working with national partners of Limb Power, Cerebral Palsy (CP) Sport, Dwarf Sport Association and the military to open up tennis to their communities.

General information

Para standing tennis integrates very easily with the non-disabled game since it can be played on any regular tennis court, with no modifications to tennis rackets or balls. In some para standing categories, players are allowed up to two bounces of the ball and can easily play against other para standing tennis players, as well as alongside or against non-disabled players.

Did you know?

- 7.5 million people have a mobility impairment
- 47% of disabled people in the UK have a mobility condition
- 16% of all disabled children have a mobility impairment
- People who have a physical impairment can choose whether to play in a sports wheelchair or standing (ambulant).

(Family Resources Survey 2023)

Player Pathway and competitions

There are opportunities for para standing players to enter competitions from beginner level right up to ITF European and World level events, where players compete across four divisions:

PS1

- Upper limb disability or similar impairment, such as cerebral palsy with limited mobility impact. **1 bounce allowed**

PS2

- Below knee amputee or cerebral palsy with similar mobility level. **1 bounce allowed**

PS3

- Above knee amputee, double-arm impairment, or cerebral palsy with more severe mobility issues. **2 bounces allowed**

PS4

- Short stature or impairment with similar impact on mobility. **2 bounces allowed**

This is an evolving, but new format, where the LTA will be delivering a series of Para Standing Tennis competitions for anyone who would like to compete.

The LTA will be developing the pathway in Britain to support local provision with venues, host development camps with partners such as the Dan Maskell Tennis Trust, and support players to compete in Britain – giving them the best chance to succeed at tournaments both domestically and internationally.

Coaches' corner

When coaching players with ambulant physical impairments you should make some adjustments to your coaching methods to suit their individual needs. The STEP Principle is an ideal model to follow to support their needs, whether making it easier or progressive:

Space

- The amount and type of space you have will affect the way someone can play.

Task

- Altering the tasks in a session makes activities more inclusive and varies the difficulty level. Remember, tactics will change depending on whether it is one or two bounces.

Equipment

- Use a variety of equipment to ensure your sessions are interesting, inclusive and adaptable for all.

People

- Although some activities will be completed individually, consider how you can use additional people to improve the experience of those requiring further support.
- Remember not one person and their impairment will be the same. It's important to listen to the persons views and adapt accordingly.
- Check participants' range of movement as they may; for example, find it difficult to bend down, move laterally or raise their arms above their head.
- Using a player centred approach, it is important to understand that the loading onto the prosthetic can be challenging for some players and how long they have been using their prosthetic and what other sport they do.

For more information

- [Limb Power](#)
- [Cerebral Palsy Sport](#)
- [Dwarf Sport Association](#)
- [Coaching players with Dwarfism](#)
- [Coaching players with Cerebral Palsy \(CP\)](#)
- [Coaching players with Limb Loss](#)

Contact us

For further information on Para Standing Tennis please contact the LTA disability team:

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Visit: www.lta.org.uk/para-standing-tennis

Visit: <https://www.parastandingtennis.com/>